

THIS WEEK'S RECIPE

As seen on hdnews.net



Fresh Tomato Sauce

Serves 6, 1½ cups each

- 6-8 tomatoes, cut in chunks
- 1 Tablespoon minced garlic
- ½ medium onion, finely chopped
- ½ green pepper, finely chopped
- 3 Tablespoons chopped fresh basil
- ½ teaspoon dried oregano
- 1 Tablespoon olive oil
- Salt and pepper to taste
- 6 cups cooked pasta
- 6 Tablespoons grated Parmesan cheese

Chop tomatoes and mix with all remaining ingredients in a large bowl.

Let the mixture stand at room temperature for about 20 minutes. Toss with hot cooked pasta or rice and top with grated Parmesan cheese.

For extra protein add a can of white or black beans, drained. Cooked chicken or other meat can be added just before serving.



Serving size 1½ cups

- Calories 360
- Calories from fat 50
- Total Fat 6 g
- Cholesterol 5mg
- Sodium 115 mg
- Total Carbohydrates 65g
- Dietary Fiber 5g
- Sugars 96
- Protein 13g



Nutrition Facts

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Amount Per Serving
Calories 360 Calories from Fat 50

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Cholesterol	5mg
Sodium	115mg
Total Carbohydrate.....	65g
Dietary Fiber	5g
Sugars	96g
Protein	13g



Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Tomatoes	Produce
Minced Garlic	Produce
Onion	Produce
Green Pepper	Produce
Basil.....	Produce
Oregano.....	Produce
Olive Oil	11
Salt And Pepper.....	11
Pasta.....	9
Parmesan Cheese.....	6

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